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AMENDMENTS TO THE SPECIFICATION

Page 13, line 22 to page 14, line 4, amend the paragraph as follows:

b' A ~~four~~ two legged, free standing apparatus 60 from which a user can passively "semi-hang" is shown at FIGURE 5. Generally, the free-standing apparatus 60 forms an A-frame shaped structure having a continuous, tubular metal front portion adapted to support a horizontal bar from which a user may passively "semi-hang" and a disjointed, tubular metal rear portion in accordance with the preferred method of the present invention.

Page 14, line 20 to page 15, line 13, amend the paragraph as follows:

b² The disjointed rear portion includes a pair of support members 72, 74 each hingedly attached to a respective upper end 77, 79 of a respective leg 64, 66 by way of a pair of sleeves 76, 78. Extending downward out from a lower end 81, 83 of each support member 72, 74, is an adjustable lower portion 85, 87 having an outer diameter less than the inner diameter of support members 72, 74. The lower portions 85, 87 extend a specified length from ends 81, 83 and are maintained at the length using a conventional ball and detent mechanism 75, or any other suitable means. A rubber or plastic footing 80, 82, having a suction cup,

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non-skid foot or the like formed therein, is rigidly
attached to a lower end of each of the lower portions 85, 87
to ensure secure contact of the rear portion with the floor.

b2 Although the preferred embodiment shown a FIGURE 5 has a
disjointed rear portion, support members 72, 74 can be
constructed of a continuous, tubular metal rear portion
having a cross-bar, similar to cross-bar 62 of the front
portion. The cross-bars would abut in use.
